

Harvest of the Month™

FALL- CAULIFLOWER



CAULIFLOWER, A BRASSICA IN THE SAME FAMILY AS BROCCOLI, CABBAGE, BRUSSELS SPROUTS, AND KALE, IS INCREDIBLY NUTRIENT DENSE. IT CONTAINS HIGH AMOUNTS OF VITAMIN C, FOLATE, FIBER, AND BEING A CRUCIFEROUS VEGETABLE, IT IS OFTEN CREDITED TO REDUCING CANCER RISKS.

FOOD WASTE PREVENTION

- CHOOSE CAULIFLOWER THAT IS TIGHT AND COMPACT, WITH FEW DARK SPOTS
- DO NOT WASH CAULIFLOWER UNTIL IT IS READY TO USE
- STORE IN A PLASTIC BAG FOR 5-7 DAYS BEFORE USING
- CAULIFLOWER CAN BE FROZEN, AND LATER USED, BUT MAY SEE A DIFFERENCE IN TEXTURE. FROZEN CAULIFLOWER IS BEST FOR RICE SUBSTITUTES, SOUPS, OR PIZZA CRUSTS

HEALTHY SERVING IDEAS



MASH FOR A POTATO SUBSTITUTE



USE IN PIZZA CRUST FOR A GLUTEN FREE OPTION



ROAST AND SEASON



FUN FACTS

CAULIFLOWER IS ACTUALLY A FLOWER THAT HAS NOT YET FULLY DEVELOPED

CAULIFLOWER VARIETIES



WHITE

FUZZY SKIN, WHITE OR YELLOW FLESH, SWEET AND JUICY FLAVOR

ORANGE
YELLOW AND ORANGE IN COLOR, SLIGHTLY SWEETER AND Milder THAN THE WHITE VARIETY



PURPLE

VIBRANT PURPLE IN COLOR, BEST ENJOYED RAW OR LIGHTLY COOKED. HOLDS MORE NUTRIENTS THAN WHITE CAULIFLOWER



GREEN

GREEN IN COLOR AND LIGHTER ON THE INSIDE. SWEET, MILD, AND NUTTY FLAVOR



ROMANESCO

UNIQUE TEXTURE, GREEN IN COLOR, FLAVOR SIMILAR TO BROCCOLI WITH SWEET NOTES



FUN FACTS

ALL PARTS OF THE CAULIFLOWER PLANT ARE EDIBLE INCLUDING THE LEAVES, STEM, AND FLOWER. THE LEAVES CAN HAVE A STRONGER FLAVOR HOWEVER, SIMILAR IN TASTE TO COLLARD GREENS. THEY CAN ALSO BE SAVED TO MAKE BROTH OR STOCK AND CAN CONTRIBUTE A LOT OF NUTRIENTS!

CAULIFLOWER PIZZA CRUST

INGREDIENTS

- 12 OZ. FROZEN RICED CAULIFLOWER
- 1/3 CUP SHREDDED MOZZARELLA CHEESE
- 1 TBSP GRATED PARMESAN CHEESE
- 1 EGG
- 1/4 TSP GARLIC POWDER
- 1/4 TSP OREGANO
- 1/4 TSP SALT

INSTRUCTIONS

- PREHEAT OVEN TO 400 DEGREES FAHRENHEIT
- MICROWAVE FROZEN CAULIFLOWER AND SQUEEZE OUT ALL EXCESS WATER
- IN A BOWL, COMBINE DRAINED CAULIFLOWER, CHEESES, EGG, AND SEASONINGS. STIR UNTIL COMBINED
- DUMP THE DOUGH ON A BAKING SHEET LINED WITH PARCHMENT PAPER AND FORM INTO A CIRCLE ROUGHLY 6-7 INCHES IN CIRCUMFERENCE AND 1/4 INCH THICK
- BAKE FOR 20-25 MINUTES UNTIL GOLDEN BROWN
- FLIP AND BAKE FOR AN ADDITIONAL 5-10 MINUTES UNTIL COMPLETELY DRY
- ADD YOU FAVORITE TOPPINGS AND BAKE FOR ANOTHER 5-10 MINUTES! ENJOY!

RECIPE FROM: [HTTPS://WWW.SIMPLYSISSOM.COM/WEEKLY-WHOLE-FOOD-MEAL-PLAN/](https://www.simplysissom.com/weekly-whole-food-meal-plan/)

CAULIFLOWER CEVICHE

INGREDIENTS

- 1/2 HEAD OF CAULIFLOWER (ABOUT 2 CUPS), CUT INTO BITE-SIZED FLORETS
- 1 JALAPENO OR SERRANO PEPPER, DICED
- 1 LARGE TOMATO, DICED
- 1 RED ONION, DICED
- CILANTRO, CHOPPED, TO TASTE
- 3-4 LIMES, JUICED
- 2 CLOVES OF GARLIC, MINCED
- SALT AND PEPPER TO TASTE
- 1/4 TSP CUMIN
- CHIPS TO SERVE

INSTRUCTIONS

1. BLANCHE THE CAULIFLOWER FOR 4-5 MINUTES, UNTIL AL DENTE
2. CHOP THE FLORETS INTO SMALL PIECES, SMALLER THAN A DIME, AND PLACE IN A LARGE BOWL
3. ADD ALL INGREDIENTS TO THE CAULIFLOWER AND MIX WELL. THIS WORKS BEST WHEN GIVEN TIME TO MARINATE
4. SERVE WITH CHIPS OR AS A TOPPING!

RECIPE FROM: F2I CENTER